

Purchase or have

### MONTH 4

**Activities:** 

#### on hand: A pair of pliers Check to see and/or vise grips if your stored Anti-bacterial water has expired and needs liquid hand soap Disposable replacing (replace every 6 months). If hand wipes Household you purchased bleach (According to water it should the manufacturer, it have an expiration takes four (4) drops date on the of "Regular" Bleach container) and thirty minutes to Check the purify 1 quart of dates on stored "clear water") food and replace Entertainment as needed for family members Check (games, playing batteries cards, books, Make plans to check on puzzles) Matches neighbors who Clothesline and may need clothespins assistance Bullion cubes Check with Safety pins pharmacist about Sewing kit storing prescription Flint (will work medications when wet and will Cell phones may not work work if you are out of matches) learn how to use text messaging features or twoway pager

#### Prior to a Disaster

- ✓ Find out about the different types of disasters
- ✓ Discuss how to respond to different disasters
- ✓ Consider your family's specific concerns
- ✓ Know how you would be warned of emergencies
- ✓ Learn your work and community's evacuation routes
- Learn about emergency plans for your children's school or day care center
- ✓ Know your workplace emergency plans
- ✓ Draw a floor plan of your home and office and make escape routes
- ✓ Take a basic first aid and CPR class
- Make preparations for persons with special needs

## **During a Disaster**

- ✓ Stay calm, think before you act
- ✓ Remember what you have practiced
- ✓ Assemble family
- ✓ Determine and take appropriate actions
- ✓ Listen to radio
- √ Keep flashlights handy
- Use phone only for emergency purposes
- ✓ Do not enter blocked off areas



Preparedness, when properly pursued, is a way of life, not a sudden, spectacular program.

-- Author Unknown

# YOU CAN PREPARE FOR DISASTERS

A disaster is more than a common emergency, in scale, consequences, and the resources needed to cope with it. Disaster can strike quickly and without warning. You can cope with disasters by preparing in advance. This brochure provides suggestions for introducing you and your family to disaster preparedness as a part of daily life.

The 4-month schedule introduces you to some basic items to purchase or have on hand, along with preparedness activities you may want to take. At the end of each month, space has been left for you to add items or information that would apply to you and your family.

Department of Veterans Affairs Veterans Health Administration Office of Public Health and Environmental Hazards (13)

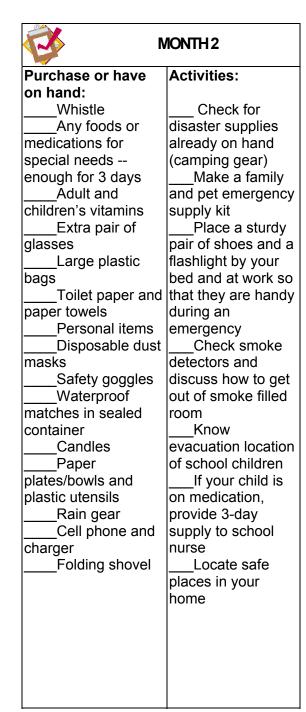


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## MONTH 1

Purchase or have	Activities:
on hand:	
Water (1 gallon	Make your
per day per person)	family disaster
Flashlight and	preparedness plan
Batteries	Make
First aid kit	arrangements to
Additional	have someone help
items you may need	your children if you
that are not in your	are at work or away
first aid kit	when an emergency
Fire	occurs
extinguisher	Make a list of
Battery-	emergency
powered radio	telephone numbers
Basic food,	and keep at home
canned, no-cook,	and work
packaged snacks	Establish a
Manual can	local and an out-of-
opener	state contact to call
Duct tape	Date water
Heavy-duty	and food containers
tarps or sheets of	if they are not dated
plastic	Make list of
Utility knife	items needed and
Pen/pencil and	specific needs for
paper	persons with special
Extra set of	needs (complete
keys	items on list)
Compass	Have cash,
Waterproof	change and/or
pouches	travelers checks
Ziplock bags	Discuss
	disaster planning
	with family members



#### MONTH 3 Purchase or have **Activities:** on hand: Dental needs Make Freeze-dried arrangements to foods have someone take Prepackaged care of your pets if beverages vou are at work or Trail mix away when an Beef jerky emergency occurs **Applesauce** Make a Beans (great preparedness kit for source of protein) vour car Baking soda Practice family (can be used as disaster preparedness plan deodorant. mouthwash, coolant Make copies of important papers for skin, fire extinguisher) (social security Corn starch numbers, credit card (cooking, diaper numbers, birth and marriage certificates, rash and other insurance polices, rashes) Plastic bucket medial cards) with lid Make sure Map of area children know how Sunglasses and when to call Blankets, 9-1-1 sleeping bag, rain Locate shelters gear, seasonal lin the area change of clothing Learn how to read a compass Learn evacuation routes (if possible take only one car when

evacuating)